

The Cause of, and Cure for, Worry - Matthew 6:19-34 - Sunday, November 28th, 2010

- Last Sunday we did a topical teaching about one of the sites we'll visit while on our study tour of Israel, and today we'll do another one.
- Last week's teaching was on Mt. Carmel, and it was titled; "The Cause of, and Cure for, Discouragement," in 1 Kings 18:19-1:14.
- This week's teaching will be on the Mt. of Beatitudes, and is titled; "The Cause of, and Cure for, Worry." Our text is Matthew 6:19-34.

Matthew 6:19-34 "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. (20) But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. (21) For where your treasure is, there your heart will be also. (22) "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. (23) But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! (24) "No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money. (25) "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? (26) Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? (27) Who of you by worrying can add a single hour to his life? (28) "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. (29) Yet I tell you that not even Solomon in all his splendor was dressed like one of these. (30) If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? (31) So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' (32) For the pagans run after all these things, and your heavenly Father knows that you need them. (33) But seek first his kingdom and his righteousness, and all these things will be given to you as well. (34) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. NIV

- Woven into the fabric of this text, Jesus identifies both the causes of and the cure for worry. He knows that we all worry.
- The healthy worry about being sick, the sick worry about if they'll ever be healthy.
- The poor worry because they're not rich; the rich worry that they could end up poor.
- The unemployed worry about getting a job, and the employed worry about losing their job.
- The young worry about growing old, the old worry about the young taking care of them because they're growing old.
- The children worry about their parents, the parents worry about their children.

- "Worry is like a rocking chair; you go back and forth, but won't get anywhere."
- "Worry is the interest we pay on tomorrow's troubles."
- "Worry pulls tomorrow's cloud over today's sunshine."
- "Worry gives a small thing a big shadow."

- Worry will distrust a God in Whom we can trust. It is for this reason that we have this record of Jesus' sermon in our Bibles.
- In this famous Sermon on the Mount, Jesus gives us both the causes of and the cure for all of our worry and stress in this life.
- One of the main causes for much of our worry and stress is that we have too much. So much, that we worry about all that we have.
- The more we have, the more we worry about all that we have, and it becomes a problem when what we have, has us.
- Our Father in heaven wants us to trust Him to provide for us, and if we trust Him, we will not worry about anything. Here's how:

1. Transfer your treasures (Verses 19-21)

- Jesus is saying that the more treasure we have here, the more we will worry about what could happen to our treasure here.
- We will always worry about moth's eating it, rust destroying it, thief breaking in and stealing it, and the government taking it.

Proverbs 23:4-5 4 Do not wear yourself out to get rich; have the wisdom to show restraint. 5 Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.

- However, if we transfer our treasure into God's Kingdom in heaven, we won't worry about anything like that ever happening.
- If our treasure is transferred to heaven then our heart is kept worry free because it will be where our treasure will be.
- Let me hasten to say that it's ok to have things here on earth. The worry problem is not about what we have it's what has us.
- Before we move onto the second cure for worry, we're going to give you an opportunity to transfer your treasure at this time.

2. Focus on your Father (Verses 22-24)

- Jesus goes from teaching us that not only will our hearts be where our treasure is, but our eyes will be where our God is.
- In other words, God is putting His finger on that which causes us and even propels us into that place of worry and fear.
- He identifies our goods, (two treasures), our goals, (two visions), and our god's, (two masters), but we cannot serve two.

- Jesus is saying that if my eyes are out of focus, I'll have "double vision." My focus on money will blur my focus on God.
- This is why Jesus says we "cannot" rather than "should not" serve both God and Money, because it's impossible to do both.
- Some translations render this as having "an evil eye," which would have the meaning of being envious and covetousness.

Adam Clarke in his commentary said it this way; "An *evil eye* was a phrase in use, among the ancient Jews, to denote an envious, covetous man or disposition; a man who repined at his neighbor's prosperity, loved his own money, and would do nothing in the way of charity for God's sake."

- Here's the question; "how will I know if my eye is evil and not good, and my master is money and not God?"

1. My focus will be on it
2. My looking will be to it
3. My adoration will be of it
4. My sacrifices will be for it
5. My submission will be to it
6. My seeking will be after it

7. My trust will be in it
8. My giving will be to it
9. My serving will be of it
10. My speaking will be about it
11. My investment will be in it

3. Value your values (Verses 25-32)

- Jesus is teaching us that our heavenly Father will provide for us because of the infinite value that He places on us.
- If He feeds and clothes birds and flowers which are less valuable than us, then how much more will both feed and clothe us.
- He says life is more of a value than food, the body more than clothes, and His children more than both birds and flowers.

- I found this wonderful poem, it goes like this;
- "Said the robin to the sparrow, 'I should really like to know
Why these anxious human beings rush about and worry so.'
Said the sparrow to the robin, 'Friend, I think that it must be
That they have no Heavenly Father, such as cares for you and me.'"

- This is perhaps one of my favorite passages in the Bible because it tells me that Jesus had a wonderful sense of humor.
- I imagine him there on that mount overlooking the Sea of Galilee, using these visual illustrations in a most humorous way.
- Picture Jesus pointing to both the birds and flowers. Birds aren't flying food into barns, and the flowers freaking out in fields.
- There's another layer to what the Lord is teaching us here in that He is sort of layering the "why" under the "what" of worry.
- Perhaps I can say it this way; Jesus isn't just telling us "what" to do or "what" not to do, but "why" we are not to worry.

1. Worry is sin (v 25) - Jesus tells us, even commands us, not to worry. Worry disobeys God because worry distrusts God.

2. Worry is unnecessary (v 26) - Jesus tells us that it's a waste of time to worry because of how much He's invested in us.

3. Worry is worthless (v 27) - It can't add one hour to my life, one foot to my height, or one hair to my head.

4. Worry is senseless (vv. 28-30) - If it's senseless for birds and flowers to worry, then it makes no sense for us to worry.

5. Worry is ungodly (vv. 31-32) - When we worry about basic necessities of life, we act like the unbeliever. (**Cola / Un-Cola**)

4. Prioritize God's Promises (Verses 33-34)

- Jesus is saying that if we will prioritize His kingdom and righteousness first, than all these things will be given to us as well.
- He then takes it a step further and says that the further we go into the future with our worry, the more trouble we will find.
- It's been said that; "LIFE IS SHORT! - DEATH IS SURE! - SIN THE CAUSE! - CHRIST THE CURE!"

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

Philippians 4:6-9 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. NIV

Years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had gone for some two hours from his last landing field, he heard a noise in his plane, which he recognized as the gnawing of a rat. He realized that while his plane had been on the ground a rat had gotten in. For all he knew the rat could be gnawing through a vital cable or control of the plane. He was both concerned and anxious. At first he did not know what to do. It was two hours back to the landing field from which he had taken off and more than two hours to the next field ahead. Then he remembered that the rat is a rodent. It is not made for the heights; it is made to live on the ground and under the ground. Therefore the pilot began to climb. He went up a thousand feet, then another thousand and another until he was more than twenty thousand feet up. The gnawing ceased. The rat was dead. He could not survive in the atmosphere of those heights. More than two hours later the pilot brought the plane safely to the next landing and found the dead rat. Worrying about tomorrow is a rodent. It cannot live in the secret place of the Most High. It cannot breathe in the atmosphere made vital by prayer and familiarity with the Scripture. Our concerns for tomorrow die when we ascend to the Lord through prayer and His Word.